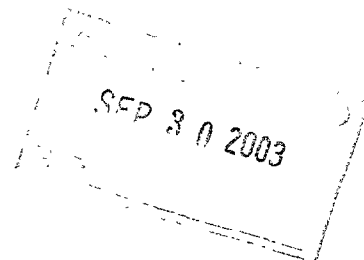


NATURES BENEFIT, INC.

7 2 9 6 '03 OCT 16 P2:22

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
U.S.D. Food and Drug Administration
200 C Street, S.W.
Washington, D.C. 20204



Re: MENOPLAN™

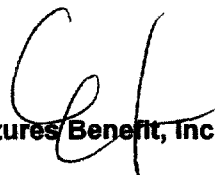
Ladies/Gentlemen:

This is to notify the Food and Drug Administration that our company has begun to market MENOPLAN™ Dietary Supplement, with the following statement of nutritional support included on the product's label:

Menoplan™ is nutritional support for healthy menstruation and the menopause .

It is hereby certified that the information in this notice is complete and accurate, and that our company has substantiation that the above statements of nutritional support are truthful and not misleading.

Very truly yours

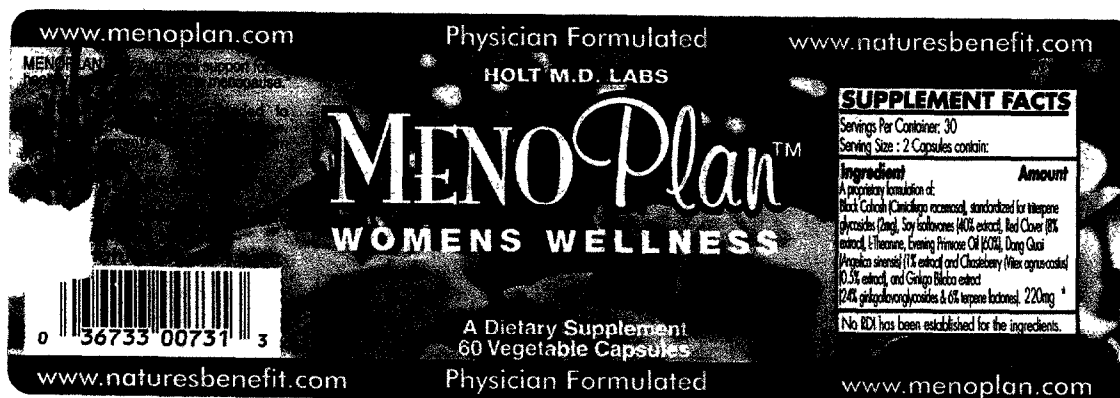

Natures Benefit, Inc.

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By
Eva Slusarczyk
Executive Assistant



Ingredient	Amount
A proprietary formulation of: Black Cohosh (Cimicifuga racemosa), standardized for triterpene glycosides (2mg), Soy Isoflavones (40% extract), Red Clover (8% extract), L-Theanine, Evening Primrose Oil (80%), Dong Quai (Astragalus sinensis) (1% extract) and Chasteberry (Vitex agnus-castus) (10.5% extract) and Ginkgo Biloba extract (24% ginkgolactones & 6% terpenes lactones), 220mg *	
*No RDI has been established for the ingredients.	

105 Lock Street, Suite 405
Newark, NJ 07103

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Phone (973) 824-8800
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